Community Health Plan
COUNTY OF LOS ANGELES
DEPARTMENT OF HEALTH SERVICES

L.A. Care
HEALTH PLAN

Food Safety Tips

Food that is not safely stored and prepared can cause food poisoning.

Food poisoning can cause:

' **Nausea**

' **Vomiting**

' **Diarrhea**

Preventing Food Poisoning

Keep everything clean

(Wash hands, counter top and utensils in hot, soapy water between each step in food preparation.

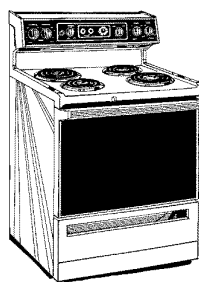(Wash all fresh fruit and vegetables before eating.

Keep cold food cold

) Cooked food should be stored at 40 ºF or frozen immediately.

) Never leave food out of the refrigerator more than 2 hours.

) Thaw meat in the refrigerator and not at room temperature. Poultry may be thawed in cold water that is changed frequently.
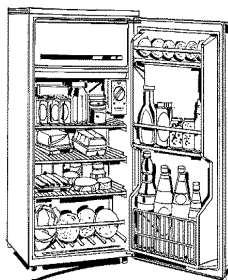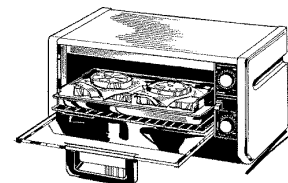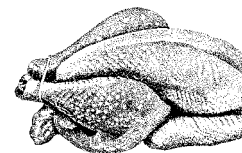
Keep hot food hot

High food temperature (165 ºF to 212ºF) reached in boiling, baking and roasting kill most food poisoning bacteria.

More tips...

+ Avoid eating raw protein food (raw meet or fish), uncooked eggs (as in eggnogs), rare meats, sushi, etc.

+ Do not buy cracked eggs.

+ Use pasteurized milk and dairy products.

+ Avoid contact between raw foods and cooked foods.

+ Cook meat, poultry, fish, and eggs thoroughly.

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